

MOTION BY SUPERVISOR MICHAEL D. ANTONOVICH

JULY 13, 2010

The Los Angeles Heart Walk is a non-competitive 5k walk promoting physical activity and heart-healthy living in a fun, family environment. Funds raised through the Heart Walk support the American Heart Association’s research and outreach to individuals at risk for heart disease.

Each year more than 1 million walkers participate in more than 400 events across the country, raising funds to save lives from this country’s No. 1 and No. 3 killers, heart disease and stroke.

This year, more than 10,000 participants will join heart disease survivors and walk on Saturday, October 23, at the Pasadena Rose Bowl to show their support and demonstrate their commitment to finding a cure.

The annual Heart Walk has become an opportunity for people from all “walks” of life to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular diseases and stroke, and generates excitement for a new or renewed commitment to heart-healthy living.

Several County departments will join this year’s Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments’ wellness coordinators will be asked to disseminate information regarding the Heart Walk and encourage colleagues to support and participate in the event.

Because so many of us have been touched by heart disease in our families and circles of friends, and because the Heart Walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

- M O R E -

MOTION

RIDLEY-THOMAS _____

YAROSLAVSKY _____

KNABE _____

ANTONOVICH _____

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I, THEREFORE, MOVE that the Board of Supervisors take the following actions:

1. Direct every County department to support the Los Angeles Heart Walk by registering and supporting fundraising efforts;
2. Direct County departments' wellness coordinators to promote the 2010 American Heart Association Heart Walk and encourage colleagues to participate and support;
3. Direct the Auditor-Controller to publicize the October 23, 2010 event on the September 15, 2010 paycheck run and encourage active employee participation; and
4. Proclaim Saturday, October 23, as "L.A. County Heart Walk Day" in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.

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MDA:pcc